

BORONNDARA

Bicycle Users Group

Rides Supplement April 2011

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Wednesdays - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

Surrey Hills Cycling groups ride weekly.

Monday is a mixed group with a set program of rides which are 35-60km.

Wednesday is Women's Cycling 'WOW' group that usually starts at 8:30 and cycles 30-60km. The group leader sends out an email giving details of the ride which is usually decided on during the morning tea break for the next week.

Both groups are very friendly and medium paced and there is the possibility of new slow group starting soon. New comers are very welcome!

Direct enquires to Surrey Hills Neighbourhood House 157 Union Road Surrey Hills 98892467 or info@surreyhillsnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2011

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is sometimes chosen on the day. The 2nd and 4th Wednesday rides are more challenging, (50-60km).

- We generally meet at **10am** at the 'Place to meet' (see below) or catch the train closest to this if time is not specified. A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short.

Please contact **Janet Bennett** by e-mail jfbpgb@bigpond.com or on **9853 9808** to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
April 6 th	Footbridge in Southbank, MEL 2F F7	<i>Short ride</i> – to be chosen on day. Country ride will be a Myrtleford base camp from 4 th to the 7 th of April. Contact Janet for details.	Easy
April 13 th	Flinders St station Lilydale line - 9.07am, arrive 10.03	<i>Lilydale to Fairfield+</i> . Mainly streets route past Lilydale Lake, Mooroolbark, Croydon, East Ringwood stations, then to Ringwood Lake and Mullum-Mullum, Eastlink, Koonung, Yarra Trails to Fairfield (~40 km) or on to city.	Med-some hills
April 20 th	Flinders St. station Glen Waverley line	<i>Short ride</i> – return to the city via the Waverley rail trail and Gardiners creek trail ~ 20km.	Easy
April 27 th	Flinders St. station Glen Waverley line ~ 9.28 arriving 10.04am	Lyn's Knox and Maroondah circuit along the Eastlink, Dandenong creek, Mullum Mullum trails and return via Stud rd and Shepherds rd. to Glen Waverley station ~ 40km (to city ~ 60km).	Med
May 4 th	Footbridge in Southbank, MEL 2F F7	Short ride – A Capital City trail circuit with a coffee stop at the Abbotsford Convent ~ 20km.	Easy
May 11 th	V-line train to Bendigo arrive ~10am or drive to Gisborne station which is in South Gisborne.	<i>Gisborne to Woodend</i> via Riddell's Creek, Romsey and Lancefield. Highlights of the ride are the green scenery and the view of Hanging Rock on the return route. Distance – 57 km. or return to Gisborne station –75km.	Hard
May 18 th	Footbridge in Southbank, MEL 2F F7	<i>Short ride</i> – Capital city trail and St. Georges rd. to Human Powered café in High st. Thornbury ~ 10km	Easy
May 25 th	Footbridge in Southbank, MEL 2F F7	<i>To Craigeburn and return</i> – Merri creek and Hume trails out and Broadmeadows Valley, Greenvale Park and Moonee Ponds creek trails on the return ~ 70km.	Med
June 1 st	Footbridge in Southbank, MEL 2F F7	<i>Short ride</i> – Merri creek and Upfield rail trails circuit ~ 20km	Easy
June 8 th	Footbridge in Southbank, MEL 2F F7	<i>A northern circuit via trails and ring road path</i> – Out the Merri creek trail to the Western Ring rd trail, maybe explore Darebin creek upper and return to Ring rd trail and return via the Plenty River and Main Yarra trails ~ 60km.	Med
June 15 th	Footbridge in Southbank, MEL 2F F7	<i>Short ride</i> – to the Spare Chair café in Kew for coffee and the best cake in Melbourne ~ 15km	Easy
June 22 nd	Footbridge in Southbank, MEL 2F F7	<i>Alison's around Melbourne circuit</i> – the Capital City trail to Kensington for coffee then continue across to the Maribyrnong river trail and the Bay West trail to Altona and return via Footscray rd. ~ 50km.	Med
June 29 th		No ride	

Whitehorse Cyclists Inc

Last updated 18 March 2011

WCI TYPICAL WEEKLY RIDE PROFILES EASY TUESDAYS: Introductory level social ride. Weekly. 30-35km, few or gentle hills. 9.30am - 1pm.

MEDIUM TUESDAYS: Medium ride, ie slightly faster, harder and further than easy rides. Still a social ride. Requires more endurance and ability than easy rides. 40-50km, some hills. 9.00am start for a 1.00pm finish.

HARD TUESDAYS: Harder (ie flat out) and further than medium rides. Hardest rides in WCI. 60-100km rides, hills no limit. 9.30am start, finish later in afternoon.

EASY THURSDAYS: Similar to Easy Tuesday rides. 30-35km Fortnightly.

MEDIUM THURSDAYS: Faster and longer ride than the Easy Thursday rides. 50-60+km. Some hills, medium to medium/hard level ability. 9.30am start, finishing 2-3pm. Includes time for lunch. **EASY**

SUNDAYS: Weekend introductory level social ride. 30km. 9.30am to 1pm. Fortnightly **MEDIUM**

SUNDAYS: Medium level ability, faster, some hills. Weekly. 40-45km. 9.30am to 1pm.

Phone the named contact to confirm details of the rides as plans can change, particularly if forecast temperatures for the day are over 30 degrees. Rides return to the start point unless shown otherwise. Riders carry their own risk in any activity connected with the club. Whitehorse Cyclists Inc. disclaims liability for loss or injury to riders participating in advertised activities.

Date	Destination	Description	Distance and grade	Leader Contact
Sun 20/3 9.30am	Easy Sunday Carrum	Jell's Park, (M)Dandenong Cr, Carrum, train to Ormond, Rosstown Tr, Urban Forest, train to Glen Waverley. (F)1.30pm (70% sealed, 2hr 1&2 Met ticket or Sunday Saver.)	34/42 E/M	Keith M 9857 5805
Sun 20/3 9.00am	Sunday 7 Trails & a Boulevard	Anniversary Tr, Ferndale Tr, Gardiners Cr Tr, Yarra Tr, (M)Southbank, Docklands, Capital City Tr, Merri Cr Tr, The Boulevard, Koonung Tr.	47 E/M	Dick vanG 9844 3344
Tue 22/03 9.30am	Easy Tuesday Knox All Trails	Dandenong Ck Tr, Blind Ck Tr, (M)Studfield, Dandenong Ck Tr.	31 E	Graeme M 0408 903 127
Tue 22/03 9.00am	Medium Tuesday Botanic Gardens	Kew, Yarra Blvd, Collingwood, East Melbourne, (M)Observatory Café, Botanic Gardens, Richmond, Fairfield.	45 M	Russell H 9841 7141 0400 178 194
Tue 22/03 9.00am	Hard Tuesday Altona	Capital City Tr, Racecourse Rd, Geelong Rd, Millers Rd, Altona, Williamstown, Docklands, Yarra Tr.	92 M/H	Bob H 0418 582443
Thur 24/03 9.30am	Easy Thursday Inner East Circle	Anniversary Tr, Gardiners Ck Tr, Yarra Tr, (M)Collingwood Children's Farm.	30 E	Jan W 9509 1290 0408 527 220
Thur 24/03 9.30am	Medium Thursday Elwood	Burwood, (M)Oakleigh, Rosstown Tr, (L)Elwood, Beaconsfield Pde, Albert Park, Domain Rd, Anderson St, (B)Richmond, Main Yarra Tr, Gardiners Cr Tr.	60 M	Kerry McN 9800 3027
Thu 24/03; 9.30- 12.30		A Bike Maintenance Session plus a Puncture Repair Session. Take your own bike. Bookings full.		Jacques 9497 2306
Sat 26/03; 9.30- 12.30		A Bike Maintenance Session plus a Puncture Repair Session. Take your own bike. Bookings full.		Jacques 9497 2306
Sun 27/03 9.00am	Sunday The Corner Store	North via Anniversary Tr, Yarra Tr, (M)Richmond, Yarra Tr, Gardiners Ck Tr, Anniversary Tr.	40-45 M	Anna V 9830 4195 0407 887 672
Tue 29/03 9.30am	Easy Tuesday Box Hill Ringwood Rail Trail Review	Box Hill, Ringwood, (M)Heathmont, Dandenong Ck Tr, Eastlink Tr, Heatherdale Res, Lucknow St, Pipetrack, Box Hill Mall.	29 E	David H 9877 3216 0431 828

				604
Tue 29/03 9.00am	Medium Tuesday Eastern Creeks	Koonung Tr, Eastern Ck Tr, (M)Croydon, Taralla Ck Tr, Dandenong Ck Tr, Eastlink, Mitcham, Koonung Tr.	45 M	Brent C 9874 5148 0407 314 220
Tue 29/03 9.00am	Hard Tuesday Woodlands Homestead	Yarra Tr, Clifton Hill, Moonee Ponds Tr, Woodlands Homestead, Tullamarine Airport, Ring Road Tr, Merri Ck Tr, Valda Ave.	105 M/H	Charlie S 9894 3244
Thur 31/03 9.30am	Easy Thursday Scotchman's Ck Tr	Gardiners Ck Tr, Glen Waverley Rail Tr, (M)Mt Waverley, Valley Reserve, Scotchmans Ck Tr. (Mostly bike and bush trails.)	25 E	Michael W 9509 1290 0488 565 566
Thur 31/03 9.30am	Medium Thursday Sassafras	(M)The Basin, (L)Sassafras. (Reasonable climb; great downhill to return.)	62 M/H	Barry McC 9848 1154
Sun 03/04 9.30am	Easy Sunday Shady Creeks 2	Merri Cr, Coburg Lake, Edwards Lake, (B)Regent, (M)Casa Bella Preston, Darebin Park, Alphington.	34 E	Keith M 9857 5805
Sun 03/04 9.30am	Sunday Oakleigh Mall Yummy Greek cakes	Gardiners Ck Tr, Urban Forest, (M)Oakleigh Mall, Scotchman's Cr Tr, Valley Reserve, Glen Waverley rail Tr, Anniversary Tr.	25 E	Michael W 9509 1290 0488 565 566
Tue 05/04 9.30am	Easy Tuesday Belgrave Buzz	Belgrave Rl Tr, Bayswater, (B) Dandenong Ck Tr, Shepherd's Bush, Blind Ck, (M)Stud rd, Bayswater.	36 E	Diana M 9857 7433
Tue 05/04 9.00am	Medium Tuesday Docklands	Fairfield, Abbotsford, Capital City Tr, Southbank, (M)Docklands, Footscray Rd, Capital City Tr, Westgarth, Ivanhoe.	45 M/E	Bernie F 9878 6640 0411 032 284
Tue 05/04 9.30am	Hard Tuesday Lysterfield Lake	Ferntree Gully, Belgrave, Selby, Maskels Hill Rd, Temple Rd, Colby Dr, Mt Morton Rd, Birdlands Res, Lysterfield Lake, Reservoir Rd, Heatherton Rd, Power Rd, Baden-Powell Dr, Brady Rd, Dandenong Cr Tr.	80 M/H	John C 0438 566 977
Thu 07/04 9.30am	Easy Thursday Capital City Circuit	Circle the city anti-clockwise on a well ridden path. (M)Abbotsford convent, (B)Royal Park or Southern Cross RS. (F)Gosch's Paddock. Option to ride home via Gardiners Ck Tr.	28+ E	Joyce H 9877 3216 0419 102 268
Thu 07/04 9.30am	Medium Thursday Warburton	Warburton Rail Tr, (M)Woori Yallock, (L)Warburton.	76 M/H	Jacques F 9497 2306
Sun 10/04 9.30am	Sunday Best Bike Ride	Dandenong Cr Tr, (M)Ferntree Gully, Jells Park, Shepherd's Bush.	35-40 E	George C 9878 0293 0413 882 165
Tue 12/04 9.30am	Easy Tuesday Northcote	Hays Paddock, Fairfield, Clifton Hill, Merri RS, (M)High St Northcote, Fairfield, Ivanhoe.	34 E	Bernie F 9878 6640 0411 032 284
Tue 12/04 9.00am	Medium Tuesday Boronia	Heathmont, Abbey Walk, Bayswater, (M)Boronia, Blind Cr Tr, Knox.	48 M	John P 9808 4894
Tue 12/04 9.30am	Hard Tuesday Eileen's Epic Elevated Extravagance	Montrose, Mt Dandenong Tourist Rd, (M)Kalorama, Olinda, Arboretum, Mt Evelyn, Montrose, Mooroolbark. Eileen's for High Tea with partners. RSVP Eileen.	70 M/H	Eileen Q 0433 609 032
Tue 12/04 7:45 pm	Club Night	<i>Corner Station & Combarton Sts Monthly Meeting</i>		<i>Mike W 9509 1290</i>

Thu 14/04 9.30am	Easy Thursday Birthday Boy(?)	Koonung Ck Tr, Main Yarra Tr, (M)Melissa's, Templestowe, Banksia Park, Main Yarra Tr, Koonung Ck Tr.	32 E/M	Keith M 9857 5805
Thu 14/04 10.00am	Medium Thursday Bunyip	(M)Bunyip, Black Sname Rd, Gembrook, (L)Mortimer Reserve. (8.47am train from Richmond arr Pakenham 9.52am)	75 M/H	Max A 9882 1223
Sun 17/04 9.30am	Easy Sunday Dock 5	Ashburton, Ferndale Park, Gardiners Cr, Main Yarra Tr, Southbank, (M)Docklands, (B)Richmond, (B)Burnley, Max Tr, East Camberwell	34 E	Keith 9857 5805
Sun 17/04 9.00am	Sunday Como House	Hays Paddock at 9.30am, Yarra Tr, (M)Como House, Armadale, Caulfield, Anniversary Tr.	40/50 E/M	Bruce E 9848 4804
Tue 19/04 9.30am	Easy Tuesday Scotchman's Glen	Scotchman's Cr Tr, (M)Glen Waverley, Mt Waverley, Damper Cr, Gardiner Cr Tr.	31 E	Geoff D 9836 1414 0428 361 236
Tue 19/04 9.00am	Medium Tuesday Hurstbridge	Lwr Templestowe, Eltham, Diamond Cr, Wattle Glen, (M)Hurstbridge, Donvale, Doncaster.	50 M	Marion H 9841 7141 0400 521 926
Tue 19/04 9.30am	Hard Tuesday Point Cook Homestead	Williamstown, Altona, Sanctuary Lakes, Pt Cook, Aircraft, Old Geelong Rd, Fitzgerald Rd, Federation Tr, Southern Cross RS.	85 M/H	Charles L 0431 592 874
Thu 21/04 9.30am	Easy Thursday Coburg Mall	Yarra Tr, Fairfield Park, Merri Ck Tr, Harding St, (M)Coburg Mall, Upfield Tr, Royal Park, Capital City Tr, Westgarth, Boulevard.	30 E	Charles L 9723 4523
Thu 21/04 9.30am	Medium Thursday Bayswater	Koonung Tr, (M)Eastland, Croydon, (L)Bayswater, Dandenong Cr Tr.	50 M	Mike McK 9816 3386
Fri 22/04 to Mon 25/04	Easterbike : On The Murray	Four-day Hub and Spoke ride based on Yarrowonga/Mulwala		
Sun 24/04 9.30am	Sunday Hays to City	Anniversary Tr, Ashburton RS (10am), Gardiners Ck Tr, (M)Southbank, Docklands, Capital City Tr.	40 M	Bruce D 9852 1921 0430 225 295
Tue 26/04 9.30am	Easy Tuesday Looping Manningham	Koonung Tr, Tunstall Sq, Old Warrandyte Rd, Mullum Mullum Tr, Westerfolds Park, Yarra Tr, (M)Melissa's, Yarra Tr, Burke Rd.	40 E/M	Dick Van G 9844 3344 0416 212 423
Tue 26/04 9.00am	Medium Tuesday Manningham & Montmorency	Koonung Tr, Manningham, Yarra Tr, Diamond Ck Tr, (M)Montmorency, Plenty River Tr. Some hills and some roads.	40 M	Graeme I 9848 5127 0428 180 141
Tue 26/04 9.30am	Hard Tuesday Kinglake	Yarra Glen, Steeles Ck, Kinglake, Hurstbridge, Valda Ave.	100 M/H	Gary G 0417 508 974
Thu 28/04 9.30am	Easy Thursday Croydon/Montrose Circuit	Dandenong Ck Tr, The Basin, (M)Montrose, Sheffield, Dandenong Ck Tr, Bayswater Park. (Some hills.)	30 E/M	Gill B 9725 5310 0451 054 927
Thu 28/04 9.30am	Medium Thursday Maribyrnong Rv	St Albans by train, (M)Brimbank Pk, Maribyrnong Rv Tr.	50 E/M	Mike McK 9816 3386
Sun 01/05 9.30am	Easy Sunday Red Gum Walk	Darebin Ck, (M)Latrobe Uni, Greensborough Hwy Tr, Red Gum Walk, Main Yarra Tr.	30 E	Keith M 9857 5805
Sun	Sunday	TBA		
Tue 03/05 9.30am	Easy Tuesday Middle Park	Anniversary Tr, Gardiners Ck Tr, (M)Southbank, Bayside Tr, Middle Park, Albert Park Lake, Richmond RS. (Option to	30/45 E	Ian T 9808 8303 0434 021 909

		cycle 15K back to Ashburton RS.)		
Tue 03/05 9.00am	Medium Tuesday Docklands Loop	Koonung Tr, the Boulevard, Merri Ck Tr, Capital City Tr, Docklands, (M)Southbank, Main Yarra Tr, Gardiners Ck Tr, Ferndale Tr, Anniversary Tr.	47 M	Dick Van G 9844 3344 0416 212 423
Tue 03/05 9.00am	Hard Tuesday Sandringham	Port Melbourne, Sandringham, Reserve Rd.	95 M/H	Larry A 0403 622 227
Thu 05/05 9.30am	Easy Thursday The Hills of Waverley	Orchard Grove & Reserve, Gardiners Ck Tr, Grenfell Rd, (M)Mt Waverley, Syndal, Valley Reserve, Lundgren Chain, Gardiners Ck Tr.	35 E/M	Lawrie J 9808 5718
Thu 05/05 9.30am	Medium Thursday Werribee-Altona	9.40am train to (M)Hoppers Crossing, Werribee, Altona, Williamstown, Footscray, Royal Park, Rushall, Hays Paddock.	65 M	Kerry McN 9800 3027
Thu 05/05 Fri 06/05	Inverloch	Two day ride Cranbourne to Inverloch - Pakenham		
Sun 08/05	Sunday	TBA		
Tue 9.30am	Easy Tuesday	TBA		
Tue	Medium Tuesday	TBA		
Tue 10/05 9.00am	Hard Tuesday Ferntree Gully	Ferntree Gully, The Basin, Wonga Park, Jumping Ck Rd, Warrandyte Rd, Falconer Rd, Stintons Rd, Old Warrandyte Rd, Valda Ave.	80 H	Charles L 0431 592 874

Banyule Bicycle User Group—Rides Program

Morning rides start at Warringal Park (unless otherwise indicated, Melway ref 32 B4). **Visitors are welcome to just turn up. Flexible ride options are available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615. Note: rides may be varied to suit weather conditions.**

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

EasyRide: with the “Latte” Group every **Tuesday and Friday 9:30am** (10:00am in winter) – relaxed pace with break for coffee/snack/chat. **See program and details at** <http://www.vicnet.net.au/~banylbug>.

HarderRide: every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

<i>Apr 11</i>	<i>Ride/Event</i>	<i>Description</i>	<i>Leader</i>
Sun 3	<i>Hawthorn via Kew</i> 40 km MAP	Out by MYT, Hyde Park trail. Kew to Willsmere. Through Studey Park Streets and L.E Bray Park to Hawthorn. Follow river trail and streets to Richmond. Home by CCT to MCC and Napier St to Edinburgh Gardens. St Georges Rd path to Smith St and Gooch St to Darebin River trail and home.	Allen P/ 9457 1694
Tue 5	<i>Altona</i> 80 km MAP	Royal Park, W'town, Altona to lunch break at Cherry Lake. Return by similar route.	Alan P 9435 9421
Sun 10	<i>Blackburn Lake</i> 43 km MAP	Out by Koonung Trail and streets. Return by Mitcham pipe track and streets to Koonung Trail.	Graeme W/ 9435 9687
Tue 12	<i>Hampton</i> 70 km MAP	Out by city, port and Bay Trail. Break at Brighton or Hampton beach. Return by streets (Small, Thomas, Widdop, Dane, Barilla, Rowans, East Boundary, Murrumbena, Poath) and Anniversary	Les D/ 9459 2701

		Trail (H1). Train return option, Hampton or Brighton Beach.	
Wed 13	General Meeting – Watsonia Library – 8:00pm		
Sun 17	<i>Yan Yean Reservoir</i> 79 km MAP	Out by streets to Plenty Rd, bike path and bike lanes. Detour thru Mernda estates. Plenty Rd to break at reservoir. Return by Plenty Rd to Hazel Glen Rd to Doreen. Through estates to Bannons Lane to Hurstbridge. Train option from Hurstbridge.	Allen P/ 9457 1694
Tue 19	<i>Merri Creek Trail</i> 48 km	Out by Ivanhoe and Fairfeild streets to Merri creek Trail. Rest along trail. Continue along trail to Western Ring Road Trail and home. MAP	Robert R/ 9439 1078
Sun 24	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement	
Tue 26	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement	

May 2011

Sun 1	<i>Wattle Park</i> 35 km MAP	Out by Koonung & Bushy Creek Trails, Box Hill streets (H2) and Gardiner's Creek Trail. H1 into Park. Return by streets, path, streets (short H2-3) to Ann. Trail at Hartwell	Graeme W/ 9435 9687
Tue 3	<i>Strathewen</i> 36km + option 28km MAP	Meet at train station(s). Depart 9.00 am train from Heidelberg (9.03 Rosanna) for Hurstbridge (Zone 2 ticket). Arrive 9.41am. Ride depart by 9.55am. Use phone contact if held up. Ride via Arthur's Creek to Strathewen for break.	Maurie A/ 0409 186082
Sun 8	<i>Yarra Ride</i> 50 km MAP	To and from break at Botanic gardens following trails on both banks of the river. Multiple H1 around the Boulevard.	Richard B/ 9459 8648
Tue 10	<i>Broadmeadows Valley</i> 60-65 km	Cheddar Rd, Dalton Rd, David St etc to gardens in Lalor. "Rusty" bridge and path across Merri Ck to Barry Rd. Dallas streets to Broadmeadows Valley Park. Down to valley. Moonee Ponds Ck Trail to Pascoe Vale, then streets east to home.	Les D/ 9459 2701
Wed 11	Combined Dinner – Moon & Spoon Restaurant 106 Mountain View Rd (cnr Sherbourne Rd) Briar Hill - 6:00pm		
Sun 15	<i>Hedgeley Dene Gardens</i> 47 km	Anniversary trail (H2 & H1) to Gardiner's Ck. Break at Hedgeley Dene Gardens. Home by Yarra Trail (H1 & H2). MAP	Lou B/ 9459 6887
Tue 17	<i>Elwood Canal</i> 60 km MAP	Trails to beach, St. Kilda and along canal to Gardenvale. Then streets to Murrumbena and Trail to south end of Anniversary Trail. Some H1 on Anniversary Trail. Break at Gunn Reserve (Glenhuntly).	John G/ 9439 3884
Sun 22	<i>Museum Gardens</i> 35 km MAP	Capital City Trail, Canning St. to Gardens for break. Return by streets and Capital City or Upfield Trails.	Richard B/ 9459 8648
Tue 24	<i>Schwerkolt Cottage</i> 42 km	Koonung Trail to Eastlink (some H3) & break at cottage. Mitcham streets to Koonung Trail home. MAP	Robert R/ 9439 1078
Sun 29	<i>Epping Park</i> 40 km MAP	Out by Bundoora Pk. & Upper Darebin Ck Trail (H2 to Waiora Rd, H1 in Park) to Epping Reserve. Return by Mill Park streets, Plenty Rd path, Ring Rd Trail home.	Graeme W/ 9435 9687
Tue 31	<i>Williamstown</i> 65km	Wilson reserve, Rushall station, Capital City and Footscray Rd trails, return same MAP	Alan P/ 9435 9421

Darebin BUG

Darebin Bug Social Rides - Tuesdays and Thursdays

9:30 a.m. corner plant and union street, northcote. 40 -60 km rides mainly on bike paths and quiet streets for experienced cyclists. Bring lunch, snacks and water. Contact Norm on 9484 4767 to confirm start time and location (usually departs from Jika Jika). <http://www.darebinbug.org.au/rides.html>

Darebin Bug Port Melbourne Ride - Saturdays

9.30am Meet at Jika Jika Neighbourhood House, cnr Plant & Union Sts, Northcote. Slow ride suitable for beginners. <http://www.darebinbug.org.au/rides.html>

The Crosskeys Cruisers - Strathmore - Friday rides

The Crosskeys Cruisers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

Melbourne Bicycle Touring Club

Ride and Club Night Programme

April			
Sat 02 Apr	Dandenong Ranges MTB-only Ride Belgrave to Bayswater, via Sherbrooke, Olinda and Doongalla Forests Autumn colour in the hills		Tony
Sat 02 Apr	St Kilda Farmers' Market at the Peanut Farm	20km easy	Norm
Thu 07 Apr	MAD Ride volunteer briefing		Graeme
Sat 09 Apr	MAD Ride preparation		Liz, MAD team, volunteer s
Sun 10 Apr	MAD Ride Woodend		Liz, MAD team, volunteer s
Thu 14 Apr	'What does a Sustainable Transport Officer do?' - Gael Reid		John
Fri 15 Apr	Why not Walhalla?	200km hard	Claire
Sat 16 Apr	Clock 2 Clock re-ride (Woodend MTB loop)	30km medium	Tim
Sun 17 Apr	Fairfield to Warrandyte	75km med-hard	Graeme
Wed 20 Apr	Club lunch at Crossways Vegetarian restaurant	yummm	Norm
Thu 21 Apr	No Club night (pre-Easter)		
Easter W/E 22-25 Apr	Grampians camping tour		Ed
Easter Mon 25 Apr	Hurstbridge-Whittlesea-Hurstbridge road ride	70km medium	Joe
Thu 28 Apr	MAD Ride debriefing		Graeme

Sat 30 Apr	Strzelecki loop	70km medium	Di
May			
Sun 01 May	Waterways Loop	45km easy-med	Rae
Weds 04 May	Tynong to Belgrave	50km medium	Peter Boemo
Thu 05 May	Peter Signorini trip photos		Matthew
Sat 07 May	Macedon & environs	60km medium	Gail
Sun 08 May	Lancefield loop	60km med-hard	Leon
Thu 12 May	Club discussion night – Looking at big issues like: do we ask too much of ride leaders?; can we sustain weekly club nights in current climate? Is our accommodation at Trades Hall a barrier to new members?		Kirsty
Sun 15 May	Broadford to Seymour	70km med-hard	Liz
Thu 19 May	Trip Planning and Spoke Notes deadline!		Claire
Sat 21 May	Social rides to the Pig & Whistle @ East Trentham	Multi-distance: easy/med/hard	Claire
Thu 26 May	Guest Speaker on endangered species		Claire
W/E 28-29 May	Yarragon Loop bushcamping	120km med-hard	Leon
Sat 28 May	French Island train & boat based	50km easy	Glenn
Mon 30 May	Melbourne Mystery Treasure Hunt Tour	10-20km easy	Paul Schofield
June			
Thu 02 Jun	Trip Photos		Glenn
Sat 4 Jun	Drouin to Warragul via Tetoora Rd	60km medium	Gail
Thu 16 Jun	AGM		Kirsty/Committee

For information on the above rides, please contact the Touring Secretary, John Hughes 0402 463 655 , or at rides@mbtc.org.au.

About the Ride Gradings **Easy:** Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

Hard: Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

The Melbourne Bicycle Touring Club meets most Thursday evenings at Trades Hall, 54 Victoria St (corner Lygon St), Carlton South at 8.00 pm (the meeting room is open from 7.30 pm onwards). If you are making a special trip to the meeting, please confirm with the meeting organiser that the advertised entertainment is proceeding, as plans are often subject to change. Details of rides and activities are confirmed at the meetings prior to the event. If you intend to participate, you should either attend the meeting or contact the Ride Leader yourself. On rides that are **SUBSIDISED**, a substantial discount on VLine fares is given to financial members who pay by two Thursdays prior to the ride. To join the Melbourne Bicycle Club, email the Membership Secretary at payments@mbtc.org.au or write to them at PO Box 277, Carlton South 3053

YHA Cycling

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Web site: <http://www.yhacycling.org.au/rides.htm>

R = Road Bike / H = Hybrid / M = Mountain Bike / Soc = Social

E = Easy / M = Medium / H = Hard / Soc = Social

Date	Ride Description	Bike Type	Distance (Kms)	Grade	Ride Leader	Booking Req'd	Ride Leader Contact
JAN 2011							
Sun 1	Ballarat to Melbourne	Any	80	H	John & Paul	Y	Johnrichardson67@hotmail.com
Sun 9	Rooftop Cinema	Social	*	*	Jason	Y	Foojas48@hotmail.com
Sat 15	Fairfield Station to Volumes in Eltham	Any			Susan M		Matzsu.1@gmail.com 0401 617 906 or 9442 2831
Sun 23	YHA Golf Day Par 3 Course - Kew	Social	*	*	Jason	Y	Foojas48@hotmail.com
Sat 29							
Sun 30	Grantville – Poowong Rd	R	80	M	Simon		simongwoodford@yahoo.com.au 041241575
FEB 2011							
Sat 5	Bass Coast	A	50	E/M	Ann B &	Y	goblues@netlink.com.au

	Ride				Susan Q		0417553517
Sun 13	Hepburn Springs to Clunes Day Ride	R	100	M	Simon		simongwoodford@yahoo.com.au 041241575
Thu 18	Audax Night Ride: Albert Park to Portsea & Back	*	*	*	*	*	Audax Australia Cycling Club
Sat 19	Daylesford Ride				Nick		nick@spraynozzle.com.au 0417 506493
Sun 20							
Sat 26 & Sun 27	High Country, Quick Arse Weekend Ride				Lloyd	Y	mapman@bigpond.net 0419 006010
MAR 2011							
Sat 12	Opshop Ride : Sydney Road				Susan M		Matzsu.1@gmail.com 0401 617 906 or 9442 2831
Sun 13	Moriac to Lorne Day Ride	R	120	H	Simon	Y	simongwoodford@yahoo.com.au 041241575
Sat 19 & Sun 20	Blood under the Southern Cross Weekend				Jason	Y	Foojas48@hotmail.com
APR 2011							
Sat 2 & Sun 3	Forrest Ride			E/M/H	Susan	Y	goblues@netlink.com.au 0417553517